Name:	Date:	
iname:	Dale:	



Directions: List the required information in the appropriate areas as indicated.

S

M

A

R

T

Make it Specific

Make it Measurable

Make it Attainable

Make it Relevant

Make it Timely What do you want to accomplish?

How will you know when you have accomplished your goal?

How can the goal be accomplished?

Is this goal worth working hard to accomplish? Explain

By when will the goal be accomplished?